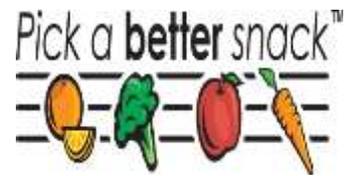


FY2016 SNAP-Ed and School Wellness Policies and Committees



What to know:

- The Healthy, Hunger-Free Kids Act of 2010 strengthened school wellness policies.
- All local school districts must have a district-wide wellness policy that is implemented in each school building.
- The district must designate one or more local school officials to make sure each school complies with the policy.
- Each district must have a wellness committee. Each building is not required to have its own committee; however, having a committee at each building may help the building meet the wellness policy goals.



What to do:

- **Present to the local wellness committee.** Schedule a presentation to share what you are doing in the district with Pick a **better snack**[™]. Explain that the program can help meet nutrition education goals.
- **Attend committee meetings regularly.** The 2016 Federal SNAP-Ed Guidance states that local schools are encouraged to include SNAP-Ed educators in the wellness committee. Since SNAP-ED educators are already involved in group education in the school, they have valuable connections and experience that can be used toward implementing PSE approaches in the school setting. Note - SNAP-Ed staff may not lead the school wellness committee.
- **Contribute expertise and/or funds.** SNAP-Ed providers can consult on strategies that support a healthy nutrition and physical activity environment in the school including: nutrition and physical activity-based school assessments, healthy classroom checklists, classroom activity breaks, use of non-food items for rewards, school gardens, policies which allow use of the school gym during non-school hours, walking school buses, and training on Smarter Lunchrooms in partnership with school district staff. These nutrition and wellness strategies must fill an un-met need identified by a local needs assessment. (adapted from 2016 SNAP-Ed Guidance)

Proceed Cautiously:

- SNAP-ED may be able to pay for some expenses related to foodservice if the activities aren't duplicative of another USDA program.
- SNAP-Ed cannot pay for activities aimed at the *entire* community. Rather, SNAP-Ed can support activities directed to the SNAP-eligible audience. Contact state staff with questions about specific school wellness initiatives; pro-rating of expenses is allowed.

More on School Wellness Policies

School Wellness Policies must *:

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available to students during the school day. *Smart Snacks in Schools* standards apply to food sold.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy. This group makes up the School Wellness Committee.
- Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
- Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

*<http://www.fns.usda.gov/tn/local-school-wellness-policy-requirements>

